

# BRANDMODELS

## NIKOLAI

HAIR: BLACK  
EYES: BROWN  
HEIGHT: 6' 1"  
INSEAM: 32  
WAIST: 32  
SHIRT: M  
SUIT: 40L  
SHOE: 12











































**Stuck Zipper?**

Rub soap or the graphite tip of a pencil along the zipper's teeth. The lubricating effect should help free the jam.

**No More than Three Layers**

If you're wearing a hero jacket like this one, keep the other layers to a minimum. Leather over a soft cardigan and a cotton button-down shirt is a sophisticated look for the office. Come 5pm, loosen the tie and you're ready for drinks at the bar.

**Stick to Slim-Fit Jeans**

Layers make you lose definition in your torso, so you want to gain it back below the belt. A slim cut keeps the eye moving up and down, making you look tall and thin. Patterns and colours are fine down there, but only if they differ from what's on top.

- LEATHER JACKET 86 100
- TED BAKER AT STOTTAFORDS
- CARDIGAN 8379 ZULIK AT SPREE
- SHIRT 0113 WOODWORTHIS
- POLKA DOT TIE 0200
- (TWINPACK) EDGARS
- LEATHER STRAP WATCH 86 558
- RUSSO BOSS AT S. BACHER & CO
- LEATHER BELT 8400 OLD KHAKI
- SLIM-FIT JEANS 1010
- KINGSLEY HEATH
- ANKLE BOOTS 8900 OLD KHAKI



**Cold Weather Fact vs Fiction**

Many common beliefs about your body's response to cold are just wrong, says David Hourung, a professor of biology at St. Lawrence University. Let's take a look at the cold hard facts.

**"Most of Your Body Heat Escapes Through Your Head"**

**FALSE.** Heat escapes from any exposed skin. Maybe that's your head, but "if you expose an equal area on your chest or back, you'll lose the same amount of warmth," says Hourung. So wear a hat, but cover the rest of your body too.

**"Women Typically Feel Colder than Men"**

**TRUE.** Because a woman's body is better at regulating core temperature, less blood flows to her extremities and skin, making her feel colder, says Hourung. The good news? You can be a hero and offer her your jacket.

**"Exercising in Cold Weather Will Make You Sick"**

**FALSE.** Colds are caused by viruses, not weather, Hourung says. So you have no excuse for skipping workouts. "You actually burn more kilojoules in the cold." Just cover your appendages so you don't end up with frostbite.

**Keep  
Lighter  
Fabrics  
Close  
to Your  
Skin**

Make your first layer either a shirt or a henley. (Starting with a jersey will make you look like you're set to take on Everest.) Then add any combo of thin puffer, cardigan or blazer – you'll be able to shrug off heavier items as you warm up.

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- TWEED BLAZER R3 833
- BEN SHONMAN
- SLEEVELESS PUFFER R343
- ST. GOLLATH AT STUTTGARD
- PRINTED SHIRT R3 423
- TED BAKER
- LEATHER STRAP WATCH
- R3 033 FOSSIL AT S. KZREN
- WATCH GROUP
- LEATHER BELT R433 BILD KHAKI
- SLIM-FIT CHINOS R433
- JK EXCHANGE AT EDGARS
- SUEDE BOOTS R1 433
- TRENERV

**Vary  
Texture**

Try tweed. Why not? A variety of patterns creates a more intriguing look. But don't double up on textures. Two coarse materials worn on top of each other, for instance, will look as awkward as it feels.















